

## MINERS' RHEUMATISM

is caused by impoverished blood and is aggravated by working in dampness and from lack of fresh air. It will not correct itself until the blood is purified and the greatest physicians prescribe Scott's Emulsion, because its medicinal nourishment quickly improves the quality of the blood to relieve the painful muscles and stiffened joints, while its wonderful oil-food strengthens the organs to expel the very acids which cause the trouble.

Scott's Emulsion is exactly what miners need to create rich, red, active blood, strengthen the throat and fortify the lungs against colds, pneumonia, bronchitis and consumption.

Scott's is always free from alcohol or drugs—just be careful to avoid substitutes.

Scott & Bowne, Bloomfield, N. J.

## POOLEVILLE.

Pooleville, Okla., Nov. 13.—Such lovely days as we are having! Cotton is opening out beautifully, and the farmers are getting a chance to pick. Old settlers say Pooleville has not had such crops for years.

The ladies of the Baptist church donated their services on Monday, as cotton pickers, realizing the neat little sum of eleven dollars and eighty-five cents by their efforts. This money is to be used in purchasing an instrument for the new church.

The ladies carried lunch and ex-

tracted as much pleasure as possible from their arduous labor.

Eleven loads of lumber were brought out from Ardmore last week, all for the new church. Everything is in readiness for the contractor, Mr. Simpson, and he will begin work as soon as he puts the finishing touches on L. O. Majors' barn.

Mrs. Hy Deskins of Springer and Mrs. Cooper of El Reno, visited with Mrs. Roy Brady and Mrs. Virgil Thomas the past week.

Mr. Bunyan Kern, who is attending school in Grandfield, Okla., paid a visit to his mother, Mrs. Kern, who has been quite sick but who is now much improved.

Wallace Majors made a business trip to Ardmore Thursday and Friday.

Mrs. Nat Harris and Mrs. Howington were visitors in Ardmore.

Mrs. Henry Harris has gone to Ardmore to meet relatives.

Rev. Capers of Dallas began a revival on Friday night. Rev. Capers is editor of "The Christian."

Mrs. Mary Niblack has offered her services in getting up a fair for Pooleville. She will meet all interested on Saturday afternoon.

Mrs. Barney Barnes made a visit to the Davis mines and brought back one sample of lead and zinc, which will be on exhibition at L. O. Majors' merchandise store. She reports that not only is the vein richer, but the output is greater, in these mines.

## GOOD NEWS

Many Ardmore Readers Have Heard It and Profited Thereby.

"Good news travels fast," and the many bad back sufferers in this vicinity are glad to learn where relief may be found. Many a lame, weak and aching back is had no more, thanks to Doan's Kidney Pills. Thousands upon thousands of people are telling the good news of their experience with this tested remedy. Here is an example worth reading:

T. R. Campbell, blacksmith, W. Main St., Marietta, Okla., says: "For two or three years I suffered more or less all the time from a dull pain across my kidneys. I couldn't lift much without having sharp pains through my loins. The kidney secretions were at times too free and profuse and then again too scanty. One box of Doan's Kidney Pills gave me relief."

Price 50c. at all dealers. Don't simply ask for a kidney remedy—get Doan's Kidney Pills—the same that Mr. Campbell had. Foster-Milburn Co., Props., Buffalo, N. Y.

## LEGISLATION TO ESTABLISH HEALTH INSURANCE

New York, Nov. 15.—The American Association for Labor Legislation made public today the text of a bill designed to establish in this state a system of health insurance. The measure will be introduced in the state legislature at the coming session, and it is intended to have it introduced also in the legislatures of other states at the earliest favorable opportunity. The bill has been drafted after long study by the social insurance committee of the association, and its proposals follow generally the lines of the British and German system, with suitable adaptation to American conditions.

The general purpose of the measure is to provide, at the joint expense of the worker, the employer

and the state, for health insurance for the worker, and for medical care for himself and his family. As drafted, the bill applies to all those engaged in manual labor and to all others earning less than \$100 a month. It would provide every insured worker with medical care including nursing attendance, hospital care, medical and surgical supplies, and a cash benefit equal to two-thirds of the wage for a maximum of twenty-six weeks in a year; to the wife it offers special care at childbirth, and if she is also insured a cash benefit for eight weeks; and to the entire family it grants medical care and a funeral benefit on the death of the insured wage earner.

Employers and their employees, in most cases, would contribute equally, and the state would add one-fourth to this sum. The actual amount of the contributions is to be calculated with reference to wages and the cost of benefits. It is claimed that these benefits can be bought by the workers for the amount many of them now spend on funeral benefit alone.

The insurance would be carried by mutual organizations of employers and employees organized according to localities and industries and supervised by the state social insurance commission created by the act. Employers and employees would have an equal voice in the administration and in the adjustment of the contributions. Upon specified conditions the existing benefit societies maintained by employers or workmen may be approved for the purpose of the act.

The Social Insurance Committee which has formulated the bill includes a number of well known authorities on social conditions, health and insurance, including Dr. Edward T. Devine, director of the New York School of Philanthropy; Dr. S. S. Goldwater, commissioner of the department of health, city of New York; Dr. J. M. Robinson, author of social insurance; Dr. Henry R. Seager, professor of economics at Columbia; Dr. Alexander Lambert of Bellevue Hospital; Dr. C. W. Dofen, of Boston, secretary American Statistical association; Dr. Henry J. Harris, Library of Congress, Washington; Miss Lilian D. Wald, of the Nurses' Settlement; Miles M. Dawson, actuary; Dr. John B. Andrews, secretary of the American Association for Labor Legislation, and others.

The committee claims that if the system is adopted it will improve the workmen's health and consequently their efficiency and that the sanitation of factories will receive greater attention.

In damp, chilly weather there is always a large demand for BALLARD'S SNOW LINIMENT because many people who know by experience its great relieving power in rheumatic aches and pains, prepare to apply it at the first twinge. Price 25c, 50c and \$1.00 per bottle. Sold by Bomar Drug Co.

## HAL M. CANNON

GENERAL INSURANCE—SURETY BONDS

If you are in need of money to build a home, or to take up indebtedness against City property of any character, I can furnish you the money on the monthly payment plan at a low rate of interest. Exceptional contract. Plenty of money. Do my own inspecting.

Phone 121 Notary in Office 114 West Main St.

## HEALDTON

Healdton, Okla., Nov. 13.—Week closed cool with cloudy days. High very high wind on the 10th and 11th with only a sprinkle of rain.

We see a good deal of cotton going to the gins. Picking is about all done.

A good deal of tank work is going on all over the oil field.

Section 11—that is, our section, has now five producing wells and we hear of some more going in. The trend of the field seems to be east and south.

A man died in the fields and was buried here. We could not learn particulars other than that he was a stranger and was not sick very long. He was named Sam Patterson.

The death of Mrs. Womble cast a gloom over the community, although death was not unexpected. She had been ill for a long time.

Mrs. Dock Halton, daughter of Dave West, an old resident, is very low at the parental home. She has typhoid fever.

Dr. Davis of Sneed is in our town. Mrs. J. W. Orme is home after a visit in Pauls Valley.

Miss Lena Bradford of Ardmore, is here.

Pecans are plentiful and the youngsters are happy.

J. A. McKnight is working now in Wirt.

Our mail comes now in an auto, so you see we are putting on city airs.

## FOR ACID STOMACHS USE MAGNESIA

The almost universal use of magnesia by physicians and specialists in the treatment of stomach troubles, is due to the fact that it neutralizes the excessive acid and thus stops food fermentation—the direct cause of nearly all stomach trouble. Of the many many forms of magnesia such as oxides, citrates, carbonates, sulphates, etc., the one now supplied in either powdered or tablet form and especially recommended for acid stomachs, is bisubated magnesia, a teaspoonful of which in a little warm water immediately after eating will instantly neutralize the excessive acid, stop fermentation, and thus ensure painless normal digestion. Be sure to get bisubated magnesia rather than any other magnesia, as this form is prepared especially for the treatment of acid stomachs. The five grain tablets are the most convenient for physicians and travelers to carry, and two tablets are equivalent to a teaspoonful of the powder. Take two of the tablets, (with or without water) or a teaspoonful of the powder in a quarter of a glass of water after each meal. Stomach sufferers and dyspeptics who follow this plan and avoid the use of pepsin, charcoal, soda mints, drugs and medicines, are astonished to find that the stomach, relieved of the irritating acid and gas, soon regains its normal tone, and can do its work alone without the doubtful aid of artificial digestants. Bomar Drug Co. T. N. Coleman, Rexall, Campbell's.

## Beware of Cheap Substitutes

In these days of keen competition it is important that the public should see that they get Chamberlain's Cough Remedy and not take substitutes sold for the sake of extra profit. Chamberlain's Cough Remedy has stood the test and been approved for more than forty years. Obtainable everywhere.

## SALE

OF UNALLOTTED LANDS AND SURFACE OF SEGREGATED COAL AND ASPHALT LANDS BELONGING TO THE CHOCTAW AND CHICKASAW TRIBES, EASTERN OKLAHOMA, BY THE UNITED STATES GOVERNMENT.

There will be sold at public auction to the highest bidder at different railroad points in the Choctaw and Chickasaw Nations in eastern Oklahoma, from January 2, 1916, to January 21, 1918, inclusive, 71,700 acres of unallotted lands and 181,800 acres of the surface of the segregated coal and asphalt lands belonging to the Choctaw and Chickasaw tribes of Indians, at not less than the appraised value. No person can purchase more than 160 acres of agricultural land, nor more than 640 acres of grazing land. Residence on land not required. Bids can be submitted in person or by mail, accompanied by a certified check or bank draft for 25 per cent of the amount of the bid. Terms of sale: Surface of coal and asphalt lands 25 per cent cash, 25 per cent within one year, and balance within two years from date of sale; and terms of sale of unallotted lands 25 per cent cash at time of sale and balance in three equal annual installments of 25 per cent each, payable in one, two and three years from date of sale; all deferred payments to draw 5 per cent interest per annum from date of sale. Only the surface of the segregated coal and asphalt lands and the surface of the coal and asphalt lands underlying being reserved, except where the descriptive circular states that the coal and asphalt underlying will be sold with the surface. The entire estate in the unallotted lands will be sold without reservation. Where houses or other valuable improvements, not including fencing and tillage, are located on the surface of the coal and asphalt lands, the same will be sold with the land at not less than the combined appraised value. Improvements to be paid for in full at time of sale. The right is reserved to reject any and all bids. For maps and full printed information, communicate with the superintendent for the Five Civilized Tribes, Muskogee, Oklahoma. Cato Selts, Commissioner of Indian Affairs.

## NEWS NOTES FROM THE STATE BOARD OF HEALTH

New information about Pellagra

Interesting results in the study of pellagra have been obtained by the United States Public Health Service in the use of a balanced relation among inmates of two orphanage asylums of Jackson, Miss., and of the Georgia state sanitarium. As usual in such matters, careless and uninformed writers for the public press have spread the belief that discovery of a cure for pellagra is claimed by the government's experts, notably Dr. Joseph Goldberger. No such claim is made.

Pellagra had existed in these particular institutions. It had been observed that in persons in whom the symptoms of pellagra had not reached its chronic stage, there was an annual recurrence—usually in winter and spring—of the visible symptoms. Prior to these recent experiments, which are still under way, all the individuals had been receiving insufficient food, in kind and proportion. Especially was there lack of fresh animal and leguminous protein foods.

All were placed upon a scientifically balanced ration. In a total of 172 individuals in the orphanages, in which normally there should have been 85 recurrences during the year, there was only one recurrence. Of 72 insane pellagrines in the sanitarium, who were subjected to the improved diet, there should have been a heavy recurrence if the new diet was of no value. But in none of these 72 cases was there a single recurrence.

The tentative conclusion accordingly, is that a balanced ration will prevent the annual recurrence of pellagra. This raises the hope that a balanced ration may likewise prevent the pathological conditions that give rise to pellagra. If this should prove to be true, the cause of pellagra could be controlled.

## Rum Efficiency in War.

The injurious effects of alcohol in the impairment of bodily and mental efficiency are as apparent in war as in time of peace. Sir John Jellicoe, Great Britain's renowned naval commander, said lately: "By careful and prolonged tests the shooting efficiency of the men has proved to be 30 per cent worse after the rum ration than before it." In other words, a ration of rum makes seventy of Great Britain's sea-fighters without rum equal to a hundred with rum. Again, with rum the men are compelled to shoot a hundred times as against seventy times without rum, to produce the same results. Other things being equal, seventy of the enemy without alcohol are equal to one hundred of Great Britain's naval fighters with their ration of rum. In civil life, the odds against the man who drinks are perhaps as great, if not greater.

## A Tip to Sportmen

It is a mistaken belief among many sportsmen that the stimulation of alcohol is beneficial in overcoming the discomfort of cold and fatigue. Science has shown conclusively that alcohol reduces the temperature in interfering with combustion and by throwing the warm blood into the skin, where it is rapidly cooled, thus opening the way for numerous physical ailments. Great Britain has found that the regular rum ration to her troops in the field last winter reduced their resistance to cold and infection. This winter hot liquid foods in large measure will take the place of the rum sham, that the ravages of last winter may not be repeated. This food will be stimulating palatable and hot, for cold food must be raised to the temperature of the body before it can be digested.

## \$100 Reward \$100

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is catarrh. Catarrh being greatly influenced by constitutional conditions requires constitutional treatment. Hall's Catarrh Cure is taken internally and acts through the blood on the mucous surfaces of the system, thereby destroying the foundation of the diseases, giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in the curative powers of Hall's Catarrh Cure that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials. Address: F. J. Cheney & Co., Toledo, Ohio. Sold by all Druggists, 75c.

## FRALEY BROS. PLANING MILL

Manufacturers of

WINDOWS, DOORS, FRAMES and All Kinds of Interior Finish

A Specialty on Window and Door Screens

TELEPHONE 324

402 NORTH CADDO STREET

## Seventy-Six Federal Indictments

Chickasha, Okla., Nov. 13.—The U. S. federal grand jury which has been in session here for seven days, adjourned today after returning seventy-six indictments. The indictments were mostly for the selling of liquor in the Indian Territory part of Oklahoma.

## Facts for Sufferers.

Pain results from injury or congestion. Be it neuralgia, rheumatism, lumbago, neuritis, toothache, sprain, bruise, sore stiff muscles, or whatever pain you have yields to Sloan's Liniment—brings new fresh blood, dissolves the congestion, relieves the injury, the circulation is free and your pain leaves as if by magic. The nature of its qualities penetrates immediately to the sore spot. Don't keep on suffering. Get a bottle of Sloan's Liniment. Use it. It means instant relief. Price 25c and 50c. \$1.00 bottle holds six times as much as the 25c size.

## HERE IS 400 ACRES OF LAND

Al. farm tools, 18 mules, 12 brood mares, nine in foal by good black jack. I want to sell horse; good black stallion and good black jack. I want to sell this stuff at once. For further information see or write

E. B. Kincheloe, Reck Okla.

## GROCERIES

We have a clean fresh stock.

Prompt delivery. Satisfaction guaranteed.

## Watts Bros.

35 N. Caddo St.

Phone 1048

## VALSPAR

IS THE CHEAPEST AND THE BEST VARNISH

Costs more and is worth more than ordinary varnish.

RESISTS BOTH HEAT AND COLD

Inside and outside use, or on Carriages and Automobiles.

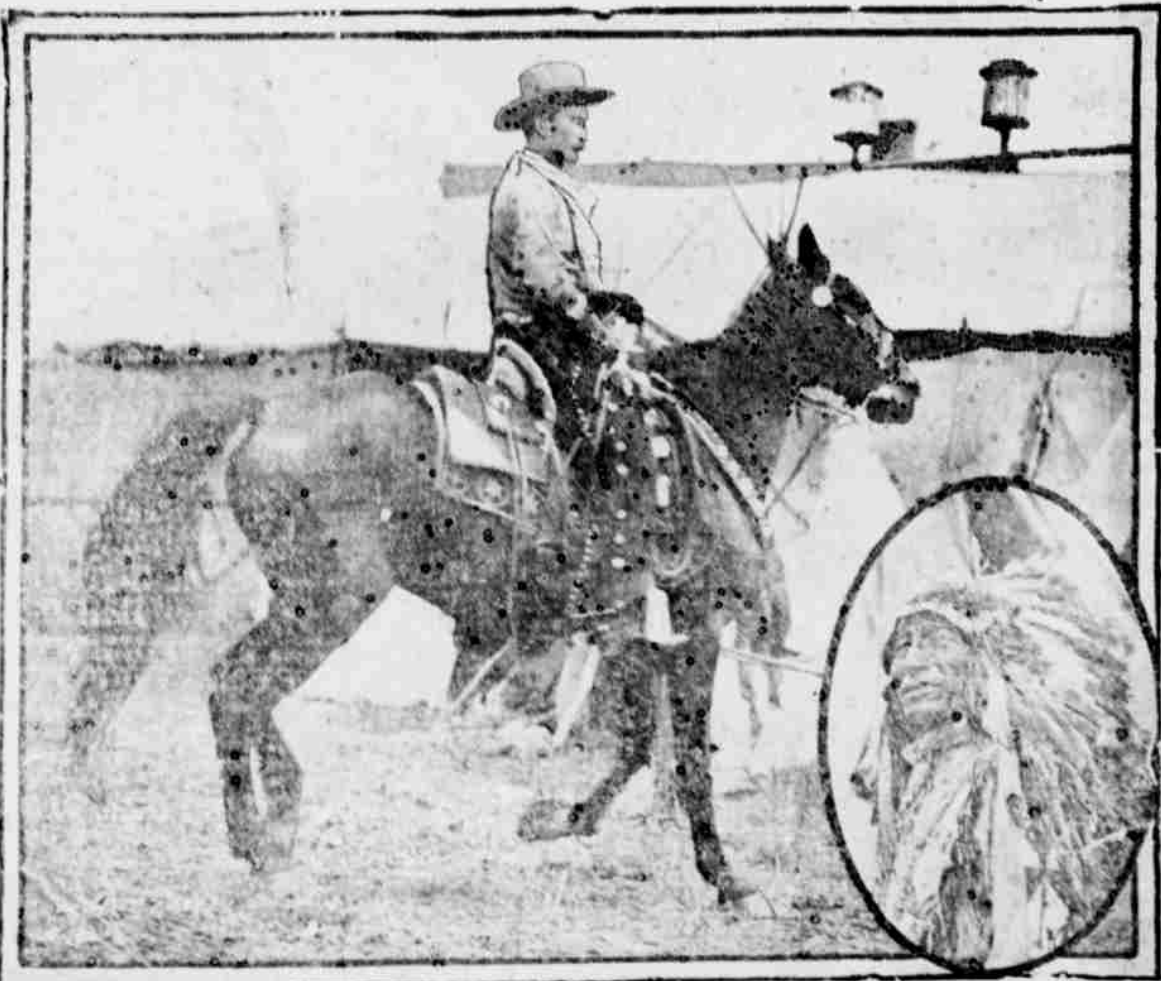
ASK THE MEN BEHIND THE COUNTER TO SHOW YOU.

T. N. COLEMAN

## J. L. WILSON TRANSFER

Goods hauled anywhere. Prompt and careful attention given to every order. STORAGE FACILITIES. UNEQUALED

Phone 72



JAS. C. MILLER

White chief of the Poncas, with the 101 RANCH WILD WEST SHOW, which exhibits here Thursday, Nov. 18.